

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 14347, Shake, fast food, vanilla

Report Date: December 09, 2015 20:52 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--|------|--------------------|----------------|------------|-------|-------|-----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water 1 2 | g | 69.65 | -- | -- | 68.13 | 71.18 | 1.0 | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Energy | kcal | 148 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2006 |
| Energy | kJ | 620 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2006 |
| Protein 1 2 | g | 3.37 | -- | -- | 3.19 | 3.56 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Total lipid (fat) 1 2 | g | 6.52 | -- | -- | 4.3 | 8.74 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Ash 1 2 | g | 0.86 | -- | -- | 0.82 | 0.91 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Carbohydrate, by difference | g | 19.59 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2006 |
| Fiber, total dietary 1 2 | g | 0.9 | -- | -- | 0 | 1.9 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Sugars, total 1 | g | 13.63 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2006 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca 1 2 | mg | 115 | -- | -- | 104 | 125 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Iron, Fe 1 2 | mg | 0.46 | -- | -- | 0.42 | 0.49 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |

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|--|------|----------------|-------------|------------|------|------|----|----|----|-----------|---------------------------------------|---------|---------------|
| Magnesium, Mg 1 2 | mg | 13 | -- | -- | 12 | 13 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Phosphorus, P 1 2 | mg | 98 | -- | -- | 97 | 98 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Potassium, K 1 2 | mg | 166 | -- | -- | 153 | 178 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Sodium, Na 1 2 | mg | 81 | -- | -- | 62 | 100 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Zinc, Zn 1 2 | mg | 0.57 | -- | -- | 0.46 | 0.67 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Copper, Cu 1 2 | mg | 0.103 | -- | -- | 0.02 | 0.19 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Manganese, Mn 1 2 | mg | 0.035 | -- | -- | 0.01 | 0.06 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Selenium, Se 1 | µg | 3.2 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Fluoride, F 3 | µg | 14.0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid 1 2 | mg | 0.0 | -- | -- | 0 | 0.1 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Thiamin 1 2 | mg | 0.026 | -- | -- | 0 | 0.05 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Riboflavin 1 2 | mg | 0.660 | -- | -- | 0.18 | 1.14 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Niacin 1 2 | mg | 0.213 | -- | -- | 0.09 | 0.34 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |

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|--|------|----------------|-------------|------------|------|------|----|----|----|-----------|---------------------------------------|---------|---------------|
| Pantothenic acid 1 2 | mg | 0.562 | -- | -- | 0.5 | 0.62 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Vitamin B-6 1 2 | mg | 0.060 | -- | -- | 0.03 | 0.09 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Folate, total 2 | μg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Folic acid 2 | μg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Folate, food 2 | μg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Folate, DFE | μg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2006 |
| Choline, total 1 | mg | 27.3 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2006 |
| Betaine 1 | mg | 3.8 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/2006 |
| Vitamin B-12 1 2 | μg | 0.22 | -- | -- | 0.07 | 0.36 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Vitamin B-12, added | μg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2005 |
| Vitamin A, RAE | μg | 91 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2006 |
| Retinol | μg | 91 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2006 |
| Carotene, beta | μg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2005 |
| Carotene, alpha | μg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2003 |
| Cryptoxanthin, beta | μg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2003 |
| Vitamin A, IU | IU | 304 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2006 |

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|--|------|----------------|-------------|------------|------|------|----|----|----|-----------|---------------------------------------|---------|---------------|
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2003 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2003 |
| Vitamin E (alpha-tocopherol) | mg | 0.25 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2005 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2005 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/2008 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2009 |
| Vitamin K (phylloquinone) ² | µg | 0.4 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2005 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.962 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2006 |
| 4:0 ¹ | g | 0.198 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| 6:0 ¹ | g | 0.152 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| 8:0 ^{1 2} | g | 0.066 | -- | -- | 0.04 | 0.09 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 10:0 ^{1 2} | g | 0.154 | -- | -- | 0.08 | 0.23 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 12:0 ^{1 2} | g | 0.174 | -- | -- | 0.1 | 0.25 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 13:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2005 |
| 14:0 ^{1 2} | g | 0.593 | -- | -- | 0.36 | 0.82 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |

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|---|------|----------------|-------------|------------|------|------|----|----|----|-----------|---|---------|---------------|
| 15:0 1 2 | g | 0.057 | -- | -- | 0.03 | 0.08 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 16:0 1 2 | g | 1.724 | -- | -- | 1.06 | 2.39 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 17:0 1 2 | g | 0.036 | -- | -- | 0.02 | 0.05 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 18:0 1 2 | g | 0.795 | -- | -- | 0.55 | 1.04 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 20:0 1 2 | g | 0.007 | -- | -- | 0 | 0.01 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 22:0 1 2 | g | 0.002 | -- | -- | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 24:0 1 2 | g | 0.003 | -- | -- | 0 | 0.01 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Fatty acids, total monounsaturated | g | 1.785 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2006 |
| 14:1 1 2 | g | 0.049 | -- | -- | 0.03 | 0.07 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 15:1 1 2 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 16:1 undifferentiated 1 2 | g | 0.116 | -- | -- | 0.06 | 0.17 | -- | -- | -- | 2 | Aggregated data involving combinations of source codes 1 & 12 | -- | 04/2005 |
| 17:1 1 2 | g | 0.009 | -- | -- | 0 | 0.02 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |

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|---|------|----------------|-------------|------------|------|------|----|----|----|-----------|---|---------|---------------|
| 18:1 undifferentiated 1 2 | g | 1.607 | -- | -- | 1.01 | 2.2 | -- | -- | -- | 2 | Aggregated data involving combinations of source codes 1 & 12 | -- | 04/2005 |
| 20:1 1 2 | g | 0.004 | -- | -- | 0 | 0.01 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 22:1 undifferentiated 1 2 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | 2 | Aggregated data involving combinations of source codes 1 & 12 | -- | 04/2005 |
| Fatty acids, total polyunsaturated | g | 0.316 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2006 |
| 18:2 undifferentiated 1 2 | g | 0.261 | -- | -- | 0.16 | 0.36 | -- | -- | -- | 2 | Aggregated data involving combinations of source codes 1 & 12 | -- | 04/2005 |
| 18:3 undifferentiated 1 2 | g | 0.029 | -- | -- | 0.02 | 0.04 | -- | -- | -- | 2 | Aggregated data involving combinations of source codes 1 & 12 | -- | 04/2005 |
| 18:4 1 2 | g | 0.012 | -- | -- | 0 | 0.02 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |

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|---|------|-------------------|----------------|------------|-----|------|----|----|----|-----------|---|---------|------------------|
| 20:3 undifferentiated 1 2 | g | 0.006 | -- | -- | 0 | 0.01 | -- | -- | -- | 2 | Aggregated data involving 2 combinations of source codes 1 & 12 | -- | 04/2005 |
| 20:4 undifferentiated 1 2 | g | 0.007 | -- | -- | 0 | 0.01 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 20:5 n-3 (EPA) 1 2 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 22:5 n-3 (DPA) 1 2 | g | 0.003 | -- | -- | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| 22:6 n-3 (DHA) 1 2 | g | 0.000 | -- | -- | 0 | 0 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Cholesterol 1 2 | mg | 23 | -- | -- | 16 | 31 | -- | -- | -- | 2 | Analytical or derived from analytical | -- | 04/2005 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan 1 2 | g | 0.058 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Threonine 1 2 | g | 0.152 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Isoleucine 1 2 | g | 0.158 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Leucine 1 2 | g | 0.354 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Lysine 1 2 | g | 0.268 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Methionine 1 2 | g | 0.095 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |

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|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Cystine 1 2 | g | 0.038 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Phenylalanine 1 2 | g | 0.169 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Tyrosine 1 2 | g | 0.123 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Valine 1 2 | g | 0.194 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Arginine 1 2 | g | 0.105 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Histidine 1 2 | g | 0.090 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Alanine 1 2 | g | 0.127 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Aspartic acid 1 2 | g | 0.318 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Glutamic acid 1 2 | g | 0.841 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Glycine 1 2 | g | 0.074 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Proline 1 2 | g | 0.393 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Serine 1 2 | g | 0.228 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2005 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2003 |

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|-------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|-----------------------|---------|---------------|
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2003 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2003 |

Sources of Data

¹*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6c, 2002 Beltsville MD*

²*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5o, 2001 Beltsville MD*

³*Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion*